

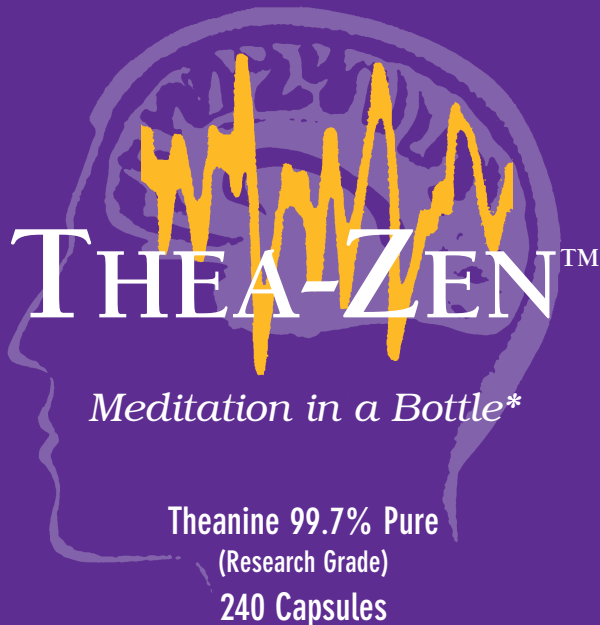
**Suggested Use:** Take 1 to 2 capsules per day with water or juice on an empty stomach, or as directed by your qualified health consultant.

L-theanine, a unique free form amino acid found in green tea and various mushrooms, has been shown to increase tranquilizing alpha-waves without inducing drowsiness. Clinical studies have shown it to be effective in single dosages of 100 to 200 mg 1 to 3 times daily or as needed depending on stress and anxiety levels. For those seeking a continuous mood elevating effect, one capsule can be taken four times throughout the day.\*

Based on the results of the clinical studies, L-theanine is most effective in the range 50-200 mg, with the effect being felt within 30 minutes and lasting for 8-10 hours. Individuals with high stress levels may increase their dosage of L-theanine to a least 100 mg, with no more than 600 mg being taken in a six hour period. FDA recommends a maximum dose of 1200 mg daily, although the reason for this limit is not clear, due to its demonstrated safety. There are no known adverse reactions to L-theanine and no drug interactions have been reported. L-theanine is not affected by food and may be taken anytime, as needed. Because it has a mild taste, capsules may be opened and dissolved in water. Although it is probably safe for pregnant women and nursing mothers, we discourage its use by them pending conclusive research.\*

**Caution:** L-theanine enhances chemotherapy effects. If you are receiving chemotherapy, check with your doctor.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## Supplement Facts

Serving Size 1 Capsule (100mg)

Serving Per Container 240

| Amount Per Serving                   | % Daily Value |
|--------------------------------------|---------------|
| Theanine 99.7% pure (research-grade) | 100mg**       |

\*\*Daily value not established

Other Ingredients: Vitamin D, Vitamin E, Cyclodextrin, Maltodextrine, Magnesium Stearate

100% Kosher and Halal approved vegetable capsule.

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